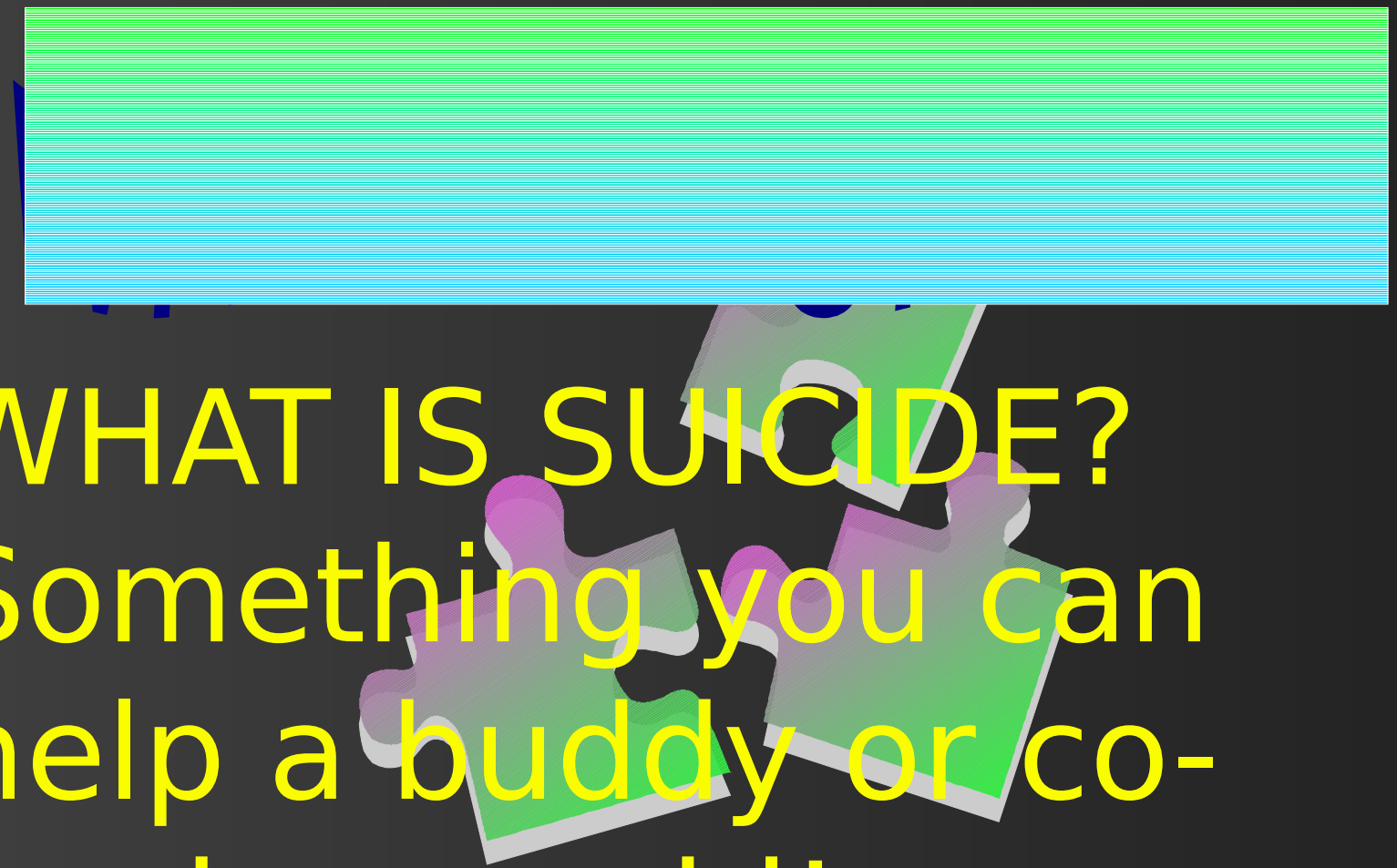
SUICIDE PREVENTION



WHAT IS SUICIDE?
Something you can help a buddy or co-worker avoid!

ISSUES SURROUNDING SUICIDE

- Ideations - Serious suicidal thoughts or threats.
- Gesture- A deliberate act of self-harm that is not fatal and in which death was not really the goal.
- Attempts to Commit Suicide - A clearly lethal act to take one's own life which would have been completed had not planned or chance intervention occurred.

WHO COMMITS SUICIDE?

- Women attempt suicide more than men
- Men actually kill themselves more often
- More common with age, but teenage rate is growing
- Whites attempt more than blacks

SUICIDE
Myths and Facts

- MYTH: People who talk about suicide don’t commit it.
- FACT: 80% of completed suicides had given definite indications of their intention.
- MYTH: Talking about suicide will give some an idea to do it.
- FACT: Suicidal people already have the idea. Talking about it may invite them to ask for help.

SUICIDE
Myths and Facts

- MYTH: All suicidal people are fully intent on dying. Nothing can be done about it.
- FACT: 95% are undecided about it. They call for help before or after the attempt.
- MYTH: Suicide is an impulsive act.
- FACT: Most suicides are carefully planned and thought about for weeks.
- MYTH: Suicidal people remain suicidal.
- FACT: Most are suicidal for only a brief period. Timely intervention may save their lives.

SUICIDE
Myths and Facts

- MYTH: A person who attempts suicide will not try again.
- FACT: Most persons who attempt suicide have attempted to do so before.
- MYTH: Improvement following a suicidal crisis.
- FACT: Most suicides occur within 90 days after the beginning of “improvement”. Possibly the decision to solve one’s problems through suicide offers relief.

SUICIDE
Myths and Facts

- MYTH: Suicidal persons are mentally ill.
- FACT: Most suicidal persons are not mentally ill. Severe emotionally distress is not the same as mental illness._
- MYTH: December has the highest suicide rate.
- FACT: December has one of the lowest rates. Spring months have the highest.
- MYTH: It’s not suicide if there is no note.
- FACT: Only 1 in 4 suicides leave notes.

PRIMARY SIGNS

FEELINGS OF:

-Hopelessness

-Helplessness

-Worthlessness

“The HHW Syndrome”

CAUSES OF THE HHW SYNDROME

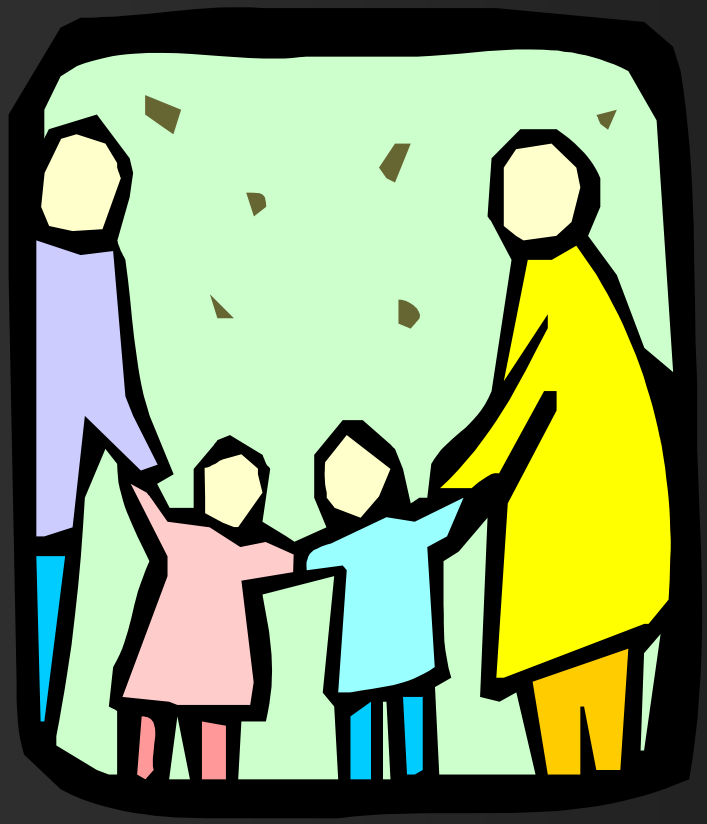
- Worry About Job or School Performance
- Loss of Emotional Support System
- Loss of Social or Financial Status

CAUSES OF THE HHW SYNDROME (Continued)

- Drug or alcohol Abuse
- Loss of Job
- Debt/ Low Income
- Downward Mobility and Shame: DUI, Arrest for Molestation of a Minor, etc.

The Great Contributor to HHW:
RELATIONSHIP PROBLEMS

- Breakup of Romantic Relationship
- Marital Problems
- Separation/Divorce
- Death of a Family Member or Close Friend

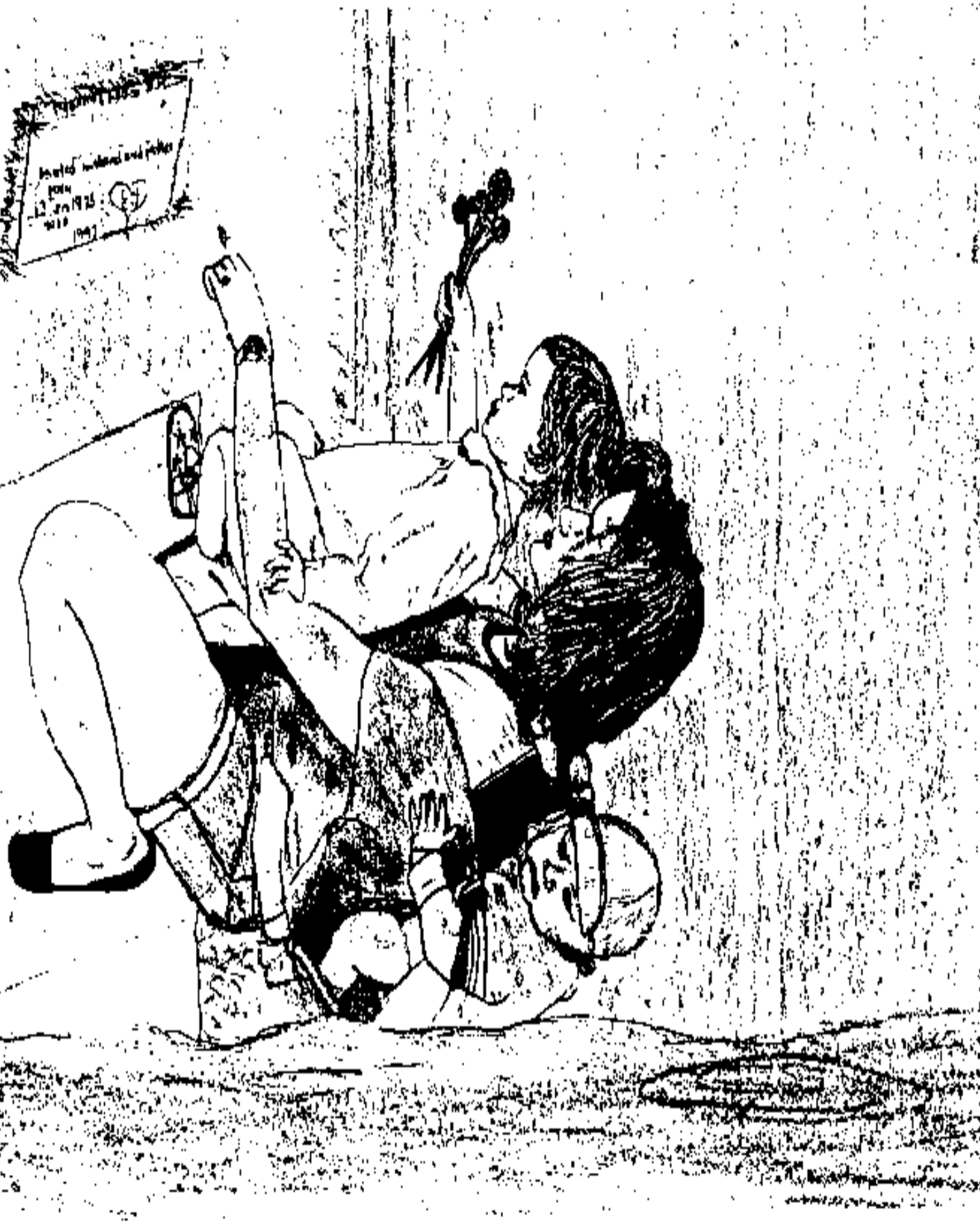


SUICIDE PREVENTION

Warning Signs ?

You are the person who is going to see the signs! The ? Is…… Will you recognize them and will you help.

The next slide seems so obvious, but both a friend and the soldier's wife did not respond. The drawing was by the soldier and had his name on the grave marker, with a date of



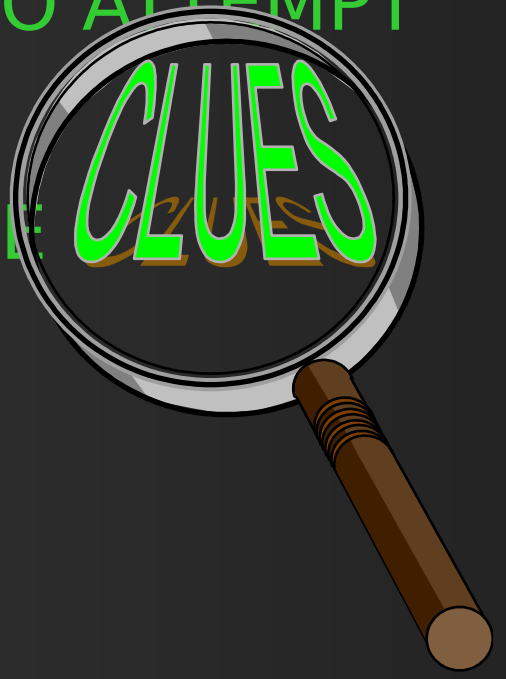
BE ALERT FOR CLUES

NEARLY 80% OF THOSE WHO ATTEMPT OR

COMMIT SUICIDE GIVE SOME

TO

THEIR INTENTIONS.



VERBAL WARNINGS

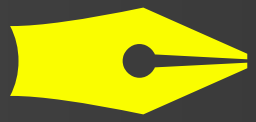
- “I’m going to kill myself!”
- “I’d be better off dead.”
- “I just can’t go on any longer.”
- “You won’t be seeing me around anymore.”
- “I’m getting out, no matter what.”
- “I’m going home real soon.”

BEHAVIORAL WARNINGS

- Organizing business and personal matters.
- Giving away possessions.
- Composing a suicide note.
- Buying a gun.
- Planning one’s own funeral.
- Obsession with death.
- A sudden lift in spirits.

SUICIDE PREVENTION

An Overview



Depressio

SYMPTOMS OF DEPRESSION

- Withdrawal
- Overwhelming Sadness
- Lack of Energy
- Irritability
- Emotional Flatness or Emptiness

SYMPTOMS OF DEPRESSION

- Changes in Behavior and Attitude
- Different Feelings and Perceptions
- Physical Complaints

HISTORICAL FACTORS

People Are at Greater Risk if They Have:

- Made a Previous Suicide Attempt
- A Family History of Suicide
- Lost a Friend Through Suicide
- Been Involved with Drugs or Alcohol
- A History of Alcoholism in the Family

SUICIDE PREVENTION

An Overview

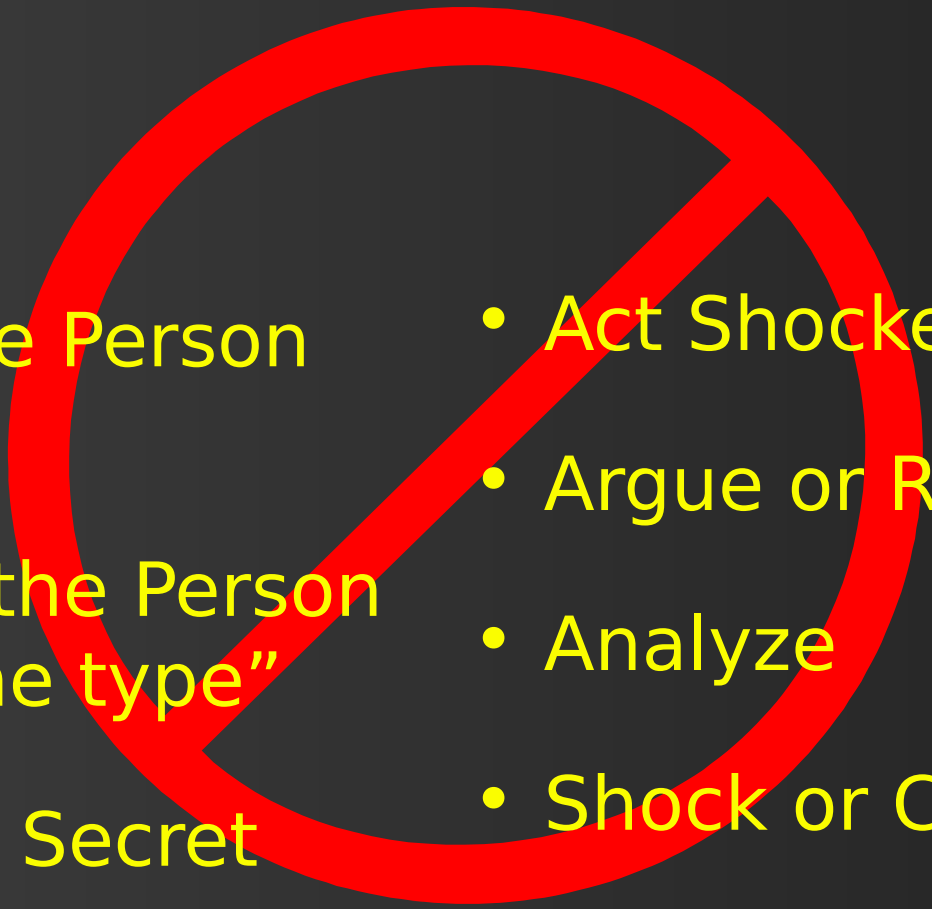
➢What to Do / What Not to Do

THINGS TO REMEMBER

You can make a difference!!! Be a buddy to a person in need. All of us need to……..

- Take Threats Seriously
- Answer Cries for Help
- Confront the Problem
- Be Direct
- Tell Them That You Care
- Get Professional Help

DO NOT:



- Leave the Person Alone
- Assume the Person is “not the type”
- Keep It a Secret
- Act Shocked
- Argue or Reason
- Analyze
- Shock or Challenge

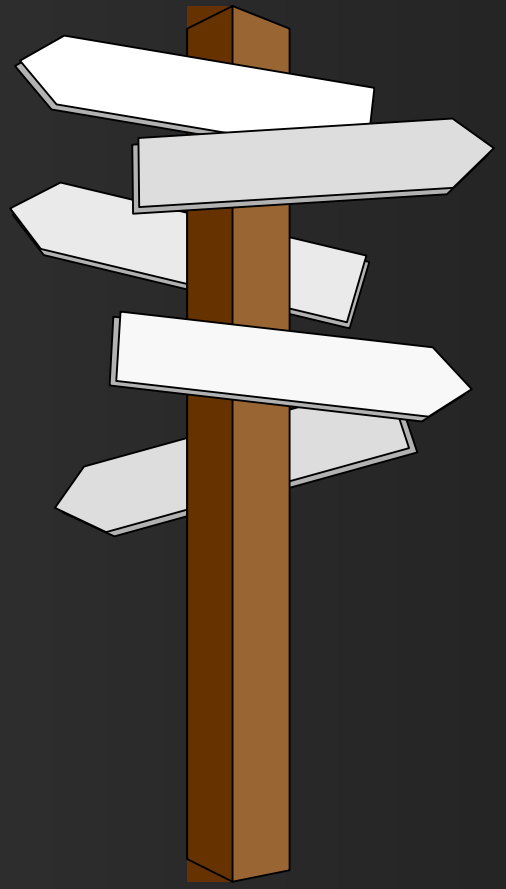
You do not have to do this alone. You should not do this alone.

GETTING PROFESSIONAL HELP

- Crisis or Suicide Prevention Centers
- Physicians
- Chaplains or Local Clergy
- State and Local Mental Health Centers
- Mental Health Professionals
- School Counselors
- Employee Assistance Programs
- Family Support Groups

IMPACT ON FAMILY AND WORKPLACE

- Intense Feeling of Loss
- Social Scorn
- Financial Worries
- Apprehension



REMEMBER:

YOU CAN MAKE A DIFFERENCE, IF YOU HAVE THE COURAGE TO REACH OUT

A HUMAN LIFE CAN BE SAVED THROUGH A HUMAN RELATIONSHIP.

BE A FRIEND TO SOMEONE IN NEED